



DATE: 3-14-2023
 FORMAT: Doomsday
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise: *L1 = 3 rounds, L2 = 4 rounds, L3 = 5 rounds	L1	L2	L3
7	7	7	Goblet SMS Squat	<10	12-20	25+
12	12	12	Reverse Crunch	-	-	-
7	7	7	SB Back Lunge	Light	Light	Heavy
12	12	12	Full Sit Up	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise: *L1 = 3 rounds, L2 = 4 rounds, L3 = 5 rounds	L1	L2	L3
7	7	7	ALT KB Side Step Swing	<20	25-40	45+
7	7	7	SMS	-	-	-
5	5	5	MYO Pistol 2 Lunge	-	-	-
7	7	7	Pull Ups	Asst	Asst	Rig

Bike Protocol:

Bike Abbreviations

OOS – Out Of Saddle
 S – Seated
 SP – Sprint
 C – Climb
 TC –Trainer's Choice
 (Sprint, Climb, Tier etc..)
 No CHALLENGES on TC
 LMAO – Last Minute All Out
 CEC- Class Energy Challenge
 CDC- Class Distance Challenge
 CCC- Class Calorie Challenge
 AFAP- As Far/Fast as Possible
 EMOM- Every Minute on the Minute
 EHM- Every Half Minute

RR= Recovery Ride

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
AFAP	Distance Challenge	.3	.5	.7
	RR			
	PELO Odds vs Evens w Slamball Game- 0.3 distance goal, pre-select a slamball person from each team. Once team reaches distance goal, hop off bike and complete 25 slamballs. 1 st to complete wins.			
	RR			
	TC			
AFAP	Energy Challenge	15	20	25
	TC			
	TEAM Odds vs Evens w B2B Squats Game- 15 energy points goal, pre-select a B2B person from each team. Once team reaches energy points goal, hop off bike and complete 50 B2B. 1 st to complete wins.			
	RR			
	TC			
	LMAO			

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Supernova	Revolution- Members Split on the circuits first
Blizzard	Tornado	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Tropical Storm	TIC- Timed Interval Circuit
Doomsday	Thunderstorm	ORA- One Round Assault
Earthquake	Typhoon	Funnel- Decreasing a Rep each Round
Flash Flood	Vortex	Reverse Funnel- Adding a Rep each Round
Heatwave	Whirlwind	AMRAP- As Many Rounds as Possible
Hurricane	Wildfire	
Monsoon		